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ABSTRACT

This packet contains six intermediate-level 4-H sewing projects for students in the textile sciences area. The projects cover the following topics: intermediate sewing techniques including sewing with knits, making coordinates, making accessories, sewing for other projects and people, time-saving sewing techniques, and creating your own project. Each project provides an overview of what the student will learn, what materials are needed, and suggested projects for the area. A step-by-step plan for doing the project, with instruction sheets and line drawings is included. Also included are a project record, ideas for sharing the project with others, and suggestions for additional projects. (KC)

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ED 379 507

4-H Textile Science Intermediate Projects

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Knits

4-H Textile Science

Intermediate Project

You will learn:

- Basic skills for making a knit garment
- Fabric selection and layout tips
- How to sew knit seams and seam finishes
- How to sew hems on knit fabrics
- How to apply ribbing
- How to topstitch

You will need:

- Sewing machine or overlock (serger) machine
- Pattern
- Knit fabric
- Shears or sewing scissors
- Long, sharp pins or weights
- Marking pencils or chalk
- Measuring tape
- Notions
- Parent or leader to help you

Sew!

Sew one or more of these knit items:

- T-shirt and slacks, shorts, skirt, or culottes
- Beach cover-up
- Jogging suit
- Sweatshirt or jacket
- Playsuit
- Dress
- Other simple knit outfit
- Outfit using both knit and woven construction

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Choose Your Pattern

Knits either stretch or they are "stable" (don't stretch much). Stretch knits require the use of a special pattern labeled "for stretch knits only." This pattern has a stretch gauge on the back of the envelope to help you measure how much the knit fabric stretches. Ask your parent or leader to show you how to use the gauge.

Choose Your Fabric

There are many types of knit fabrics. Choose one that is easy to care for and does not snag. A good knit will "recover," or go back to its original size when stretched. Check the fabric you like by stretching it along a crosswise fold and then letting go of it. If it does not recover, select another fabric that will. A fabric with some stretch is easiest to sew.

Make sure that any pattern printed on the fabric is printed an equal distance from the selvage. Though a knit doesn't really have a "grain," knits can stretch in ways that will change the look of the garment design. It may be possible to "block" a knit, like a sweater, so that the stitches run parallel.

Because all the pattern pieces will be laid out in the same direction to avoid shaded effects, buy the amount you would if you were buying napped fabric—plus a little more. Select a fabric with a design that doesn't require matching and one that does not have a permanent crease on its fold. Test the knit to see if it ravels or runs.

Read the Pattern Guide Sheet Carefully

Remember to follow the "with nap" layout. Also make sure that you have placed the directional arrows correctly. Knit fabric does not stretch the same in all directions, and some pattern pieces are designed to make use of the fabric's stretch.

Many patterns for knits have only a 1/4-inch (6-mm) seam allowance. Follow the seam allowance width on your guide sheet or adjust the pattern seam allowances for your fabric.

Getting Started

File any rough fingernails and remove any jewelry that will snag your knit.

You must preshrink knits before cutting so that you don't end up with a smaller garment after the first washing. Also, many knits have been treated with extra finishing chemicals that can cause skipped stitches. Preshrinking will take these chemicals out.

Preshrink your fabric according to the care instructions on the label. Don't forget to preshrink the trims, interfacings, zippers, and other washable notions, too.

Stretch Gauges

Achieve correct fit by checking your knit fabric against the gauge on the back of the envelope.

For Moderate Stretch Knits Only

Stretch (crosswise) 4" (10cm) of folded knit from here ——— . . . to here ———

For Two-Way Stretch Knits Only

Stretch (crosswise and lengthwise) 4" (10cm) of folded knit from here ——— . . . to here ———

For Rib Knits Only

Stretch (crosswise) 4" (10cm) of rib knit from here ——— . . . to here ———

Pictures provided by University of Nebraska Cooperative Extension

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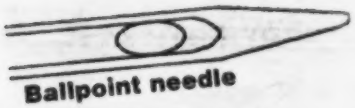
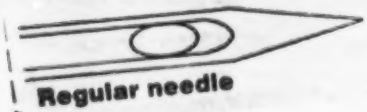




Stitching

Use a ball-point machine needle or a needle designed for both knits and wovens. Wind the bobbin slowly with a long-staple polyester or polyester-wrapped cotton thread. Make a test seam to check the needle tension, pressure, and stitch length.

Plain Seams for Knits

Plain seams may be straight-stitched or zigzagged. When straight stitching, stretch the fabric slightly as you sew. Some machines have a "stretch stitch" feature. You can also use a very narrow zig-zag. Press seams open or to one side. If the seam does not ravel, a seam finish is not needed.

When you are sewing together two sections of knit fabric that are not the same length, stretch the smaller section to fit the larger. Make a test sample to check the needle, tension, pressure, and stitch length.

Most commercially made garments use straight, zigzag, or overlock stitching to construct a double-stitched seam. Trim seam allowances close to the stitching and press the seam to one side.

Sometimes the seam allowances of light-weight single knits tend to roll or curl. To prevent this, stitch 1/4 inch (6 mm) from the raw edge of the seam allowance, or use a double-stitched seam.

Seams at the shoulder, neckline, and waistline need to be stable to prevent a droopy appearance. Stabilize the seams by topstitching, by stitching-in-the-ditch (pressing the seam open and stitching from the right side), or by zigzagging over elastic or yarn.

Make buttonholes more stable by fusing a layer of interfacing to the underside of the fabric, or use a tear-away stabilizer. Vertical buttonholes are more stable if they run parallel to the ribs of the knit. Always test on a scrap before sewing one on your garment.

Hand baste zippers to reduce the stretch. Reducing the pressure on a presser foot can prevent shifting and stretching. If necessary, make a zipper more stable by using seam tape or interface.

Hems

Choose a hemming method that is right for the style and type of fabric you're using. Remember, the top edge of the hem does not need finishing if it does not ravel.

Consider topstitching, fusing, ribbing, banding, and narrow bindings instead of the usual hems and facings found on woven garments.

Pressing

Press on a sample fabric scrap before pressing any part of the garment you're making. Synthetic and wool fabrics can scorch with too much heat! Use a low to moderate setting and press with an up-and-down motion. Prevent a "flattened" surface by using a scrap of self-fabric (placing it right side to right side) as a press cloth.

Caring for Knits

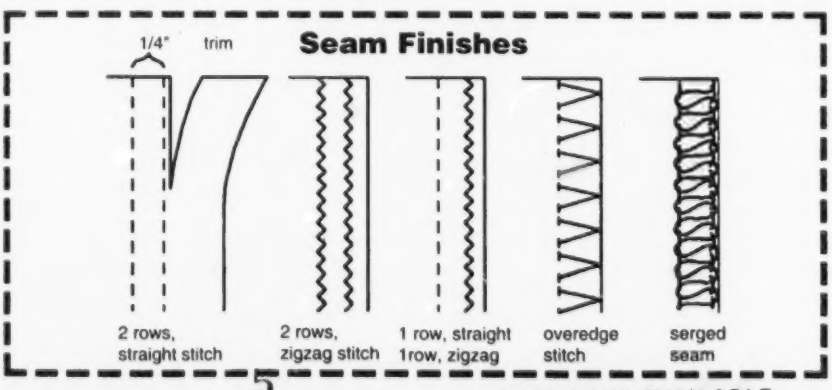
Knit garments require a little extra care. They need to be handled and stored carefully so they don't stretch. Most sweaters and stretchy knits need to be folded rather than hung in a closet.

Knits can snag, so be careful to keep sharp objects away from them. If they do snag, carefully weave or bring the loose end to the inside of the garment. Do not cut it off, which will result in a run or hole.

Some knits need to be handwashed carefully and laid flat to dry away from direct heat. Others can be machine washed by turning them inside out and placing them in a special laundry bag that can be washed.

Pills can form on the outside surfaces of knits that have two or more fibers (one stronger than the other). This often happens in areas of wear such as the legs or underarms. Remove pills by using a special pill "shaver" or tape. Do not use a razor blade! It is not safe and can cut the garment.

Knits with wool fibers that have been worn need to be handwashed or drycleaned at least every season to keep insects away. Cedar blocks or herb sachets can keep insects away, but insects are very attracted to perspiration and other stains. Do not use moth balls. They are often toxic and the odor is hard to remove.



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What I learned in this project (new skills, new words)

What I shared with others (presentations, helping other members, community service)

TOPIC OR SKILL	DATE	NO. OF PEOPLE WHO WATCHED

Did I participate in Fashion Revue? _____

Where? _____ When? _____

Project story

Use this space to write about your project. What did you do? What did you enjoy doing most? Least? Tell about the type of pattern and fabric you selected. What did you have the most difficult time sewing? Include a picture or make a sketch of your final outfit, complete with accessories.

Tell about the fiber content of your fabric(s) and attach sample swatches. Talk about the sewing resources you used, the resource people you met, and the activities you did at your group meetings.

Knits Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

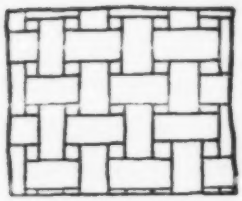
Age as of January 1 _____

Club _____

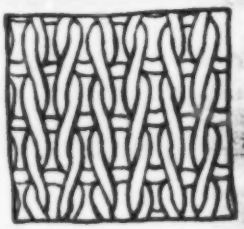
Number of years in this project _____

Number of years in Textile Science projects _____

Leader's signature _____



Woven fabric– thread interlaced at right angles.



Knit fabric– rows of interlocking loops.

What I made for my project

ITEM	FIBER CONTENT	COST	HOURS TO MAKE

Total number of garments made this year _____.

People who helped me and resources I used for this project

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

4-H Textile Science **Knits** Intermediate Project

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Sharing What You've Learned

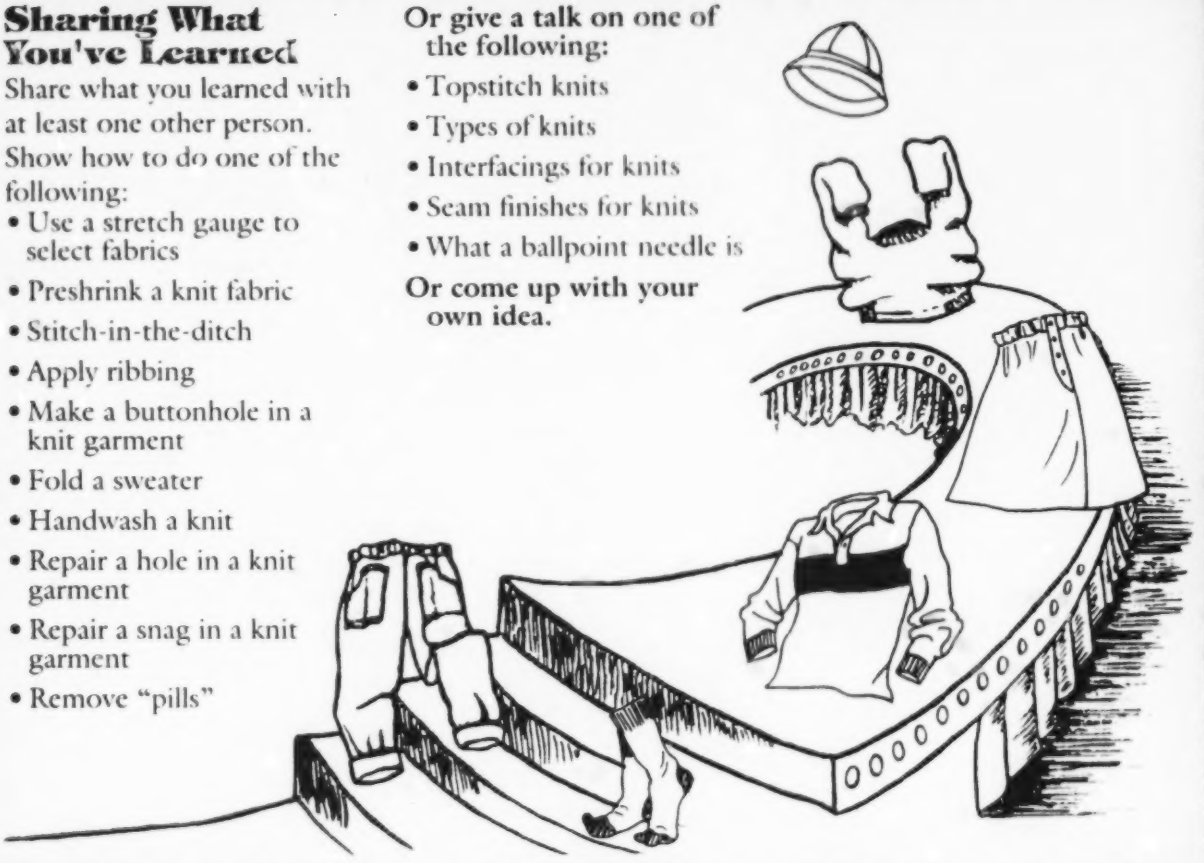
Share what you learned with at least one other person. Show how to do one of the following:

- Use a stretch gauge to select fabrics
- Preshrink a knit fabric
- Stitch-in-the-ditch
- Apply ribbing
- Make a buttonhole in a knit garment
- Fold a sweater
- Handwash a knit
- Repair a hole in a knit garment
- Repair a snag in a knit garment
- Remove "pills"

Or give a talk on one of the following:

- Topstitch knits
- Types of knits
- Interfacings for knits
- Seam finishes for knits
- What a ballpoint needle is

Or come up with your own idea.



Want to Know More?

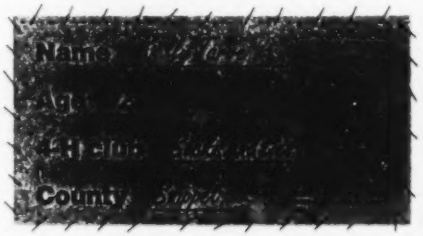
There is so much to learn about knits! Look for books at your library or local fabric store. In Pennsylvania, 4-H resource materials are listed on PENpages at your county extension office.

Exhibits and Fashion Revue

Exhibit your garments and model them in the fashion revue! Check current fair or round-up listings for more information. Don't forget to put a fabric label on the inside of your garment(s) with your name, age, 4-H club, and county. Also, ask about fashion revue entry dates and rules.

Taking the Project Again

You may want to take this project for more than one year. If so, choose activities and knit garments that will help you develop new skills.



Prepared by Jan Scholl, associate professor of agricultural and extension education.

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Coordinates

4-H Textile Science

Intermediate Project

You will learn to:

- Mix and match garments
- Match stripes
- Select patterns and fabric
- Handle enclosed seams
- Clip and grade
- Gather
- Make simple alterations
- Staystitch and understitch
- Recognize raglan, kimono, and dolman sleeves
- Stitch and tack facings
- Ease and press
- Strengthen areas of stress

You will need:

- Sewing machine
- Pattern
- Woven fabric
- Shears or sewing scissors
- Pins and pincushion or holder
- Measuring tape and gauge
- Other sewing notions as needed
- Parent or leader to help you

Sew!

Sew a simple top, vest or poncho, and one of the following:

- skirt with a waistband or facing
- slacks with a waistband or facing
- shorts with a waistband or facing
- jumper or jumpsuit with a facing

You may use an elastic in the waistband, but you should take the "Sew Much Fun" project if you want to make a casing. You may also make:

- a simple dress with a facing—no waistband or set-in sleeves

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Expanding Your Wardrobe

Your clothing should reflect your lifestyle. A carefully planned wardrobe means having clothes for activities that are important to you. You'll want clothes that look great and that will be ready when you need them.

Mixing and matching coordinates can expand your wardrobe. Before you buy or make any new items, look at what you already have and what you really like. Also think about the following:

How many hours do you spend at home (sleeping, studying, and watching TV), sports events, church, and other activities? Do you need clothes for special occasions, for an after-school or summer job, or to travel?

What is your personal style? What colors do you have in your closet? What looks good on you?

Think about a favorite outfit. What do you like about it?

_____

_____

_____

What are your favorite colors? List two or three.

_____

_____

_____

Are any of your favorite colors in your wardrobe?

_____

_____

_____

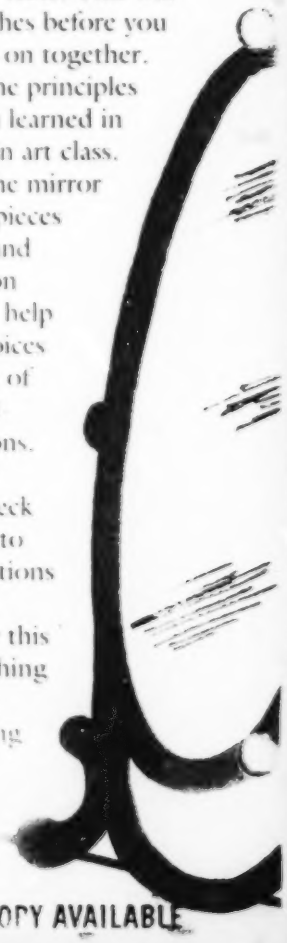
Do you have one or two neutral colors that seem to work with almost any color (black, brown, beige, cream, navy)? (Circle the ones you have.) Which neutral looks better on you, a cream color or white?

Look carefully at the 20 per cent of outfits you wear 80 percent of the time. What do they have in common? Look at those items you don't wear very often. Is it because the garments don't fit, they don't go with anything else, or they require special care? Finding out why they don't seem to work will help you make the right choices in the future.

To expand your wardrobe, first shop in your closet. Discover the combinations of garments you can put together with the accessories you already have. Try things out by "scarecrowing" an outfit on a bed or table. This will help you see matches before you actually try things on together.

Keep in mind the principles of design that you learned in other projects or in art class. But also look in the mirror to discover if the pieces go well together and really look good on you. A parent can help you with your choices and can start a list of workable mix and match combinations.

Here's another activity to try: Check out store displays to see what combinations of colors and garments are popular this season. What clothing combinations can you find in clothing and pattern catalogs?



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Wardrobe Inventory and Planning Activity

1. Make an inventory of your wardrobe. Then check the appropriate categories in the chart below (have, need, want).

2. Check whether you plan to make or buy the items you need or want.

3. Estimate the costs of your needs and wants, and put a star next to the costs of needed items.

Activities I participated in during the year	Items	Number you have	Number you need	Number you want	Buy or make	Cost of needs, wants
	Outerwear:					
	coats, raincoats					
	jackets, sweaters					
	caps, hats					
	gloves					
	Everyday clothes:					
	shirts, blouses					
	T-shirts, sweatshirts					
	jeans, pants, slacks					
	skirts, dresses					
	Dress-up clothes:					
	shirts, blouses					
	pants, slacks					
	skirts					
	sports coats					
	dresses, suits					
	Underwear:					
	briefs, panties					
	undershirts, bras					
	slips, socks, hosiery					
	Sleepwear:					
	pajamas					
	nightgowns					
	robes					
	slippers					
	Footwear:					
	dress shoes					
	school shoes					
	sports shoes					
	boots					
	sneakers					
	sandals					

What I learned in this project (new skills, new words)

What I shared with others (presentations, helping other members, community service)

TOPIC OR SKILL	DATE	NO. OF PEOPLE WHO WATCHED

Did I participate in Fashion Revue? _____

Where? _____ When? _____

Project story

Use this space to write about your project. What did you do? What did you enjoy doing most? Least? Tell about the type of pattern and fabric you selected. What did you have the most difficult time sewing? Include a picture or make a sketch of your final outfit, complete with accessories.

Tell about the fiber content of your fabric(s) and attach sample swatches. Talk about the sewing resources you used, the resource people you met, and the activities you did at your group meetings.

Coordinates Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

Age as of January 1 _____

Club _____

Number of years in this project _____

Number of years in Textile Science projects _____

Leader's signature _____

What I made for my project

ITEM	FIBER CONTENT	COST	HOURS TO MAKE

Total number of garments made this year _____.

People who helped me and resources I used for this project

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Sharing What You've Learned

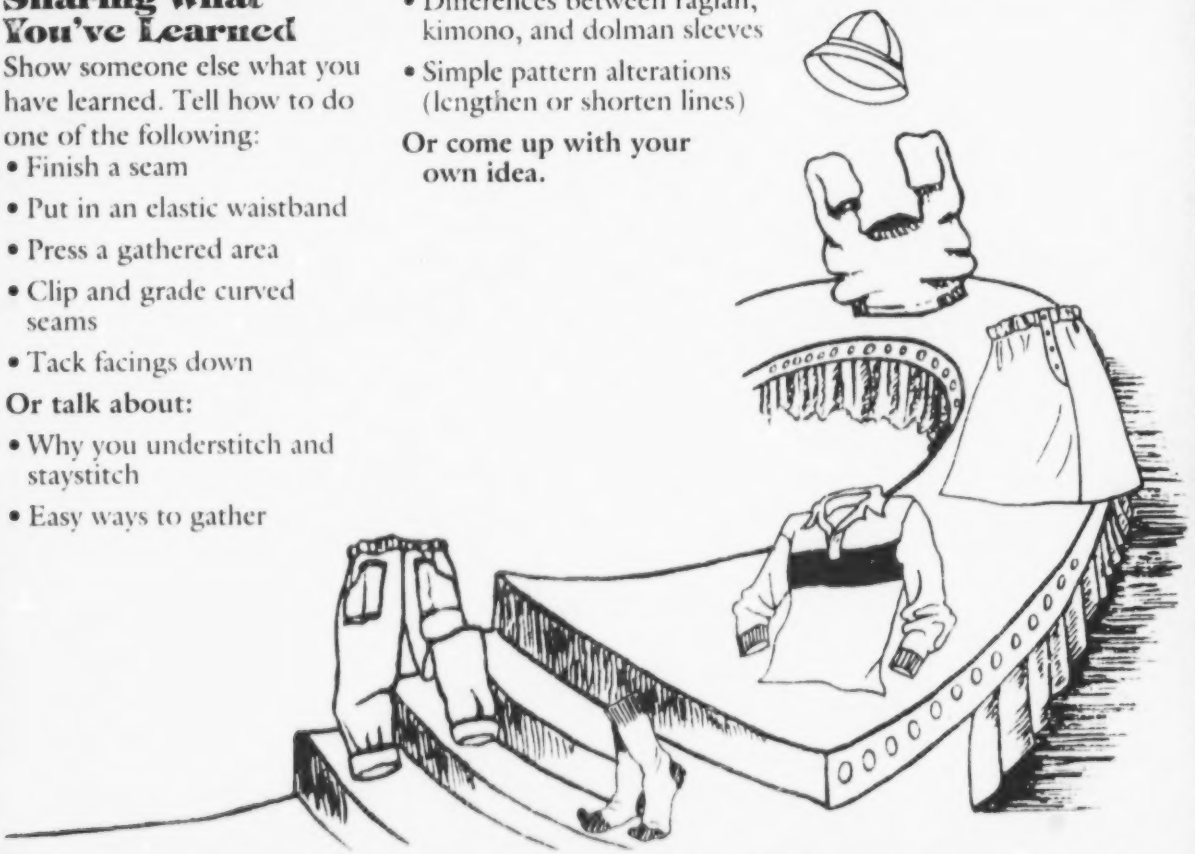
Show someone else what you have learned. Tell how to do one of the following:

- Finish a seam
- Put in an elastic waistband
- Press a gathered area
- Clip and grade curved seams
- Tack facings down

Or talk about:

- Why you understitch and staystitch
- Easy ways to gather
- Differences between raglan, kimono, and dolman sleeves
- Simple pattern alterations (lengthen or shorten lines)

Or come up with your own idea.



Want to Know More?

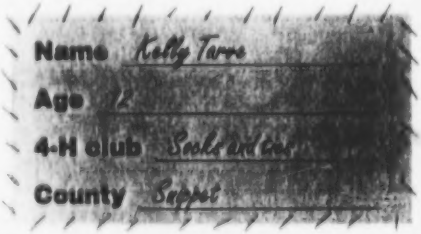
There are many sewing, color, and wardrobe planning books that can show you how to master the skills in this project. Look for these books at your public library or your county extension office. In Pennsylvania, 4-H resource materials are updated on PENpages.

Exhibits and Fashion Revue

Exhibit your garments and model them in the fashion revue! Check current fair or round-up listings. Don't forget to put a fabric label on the inside of your garments. The label should be printed with your name, age, 4-H club, and county. Ask about fashion revue entry dates and rules.

Taking the Project Again

You may take this project again if you make different garments and choose activities that will help you learn new skills.



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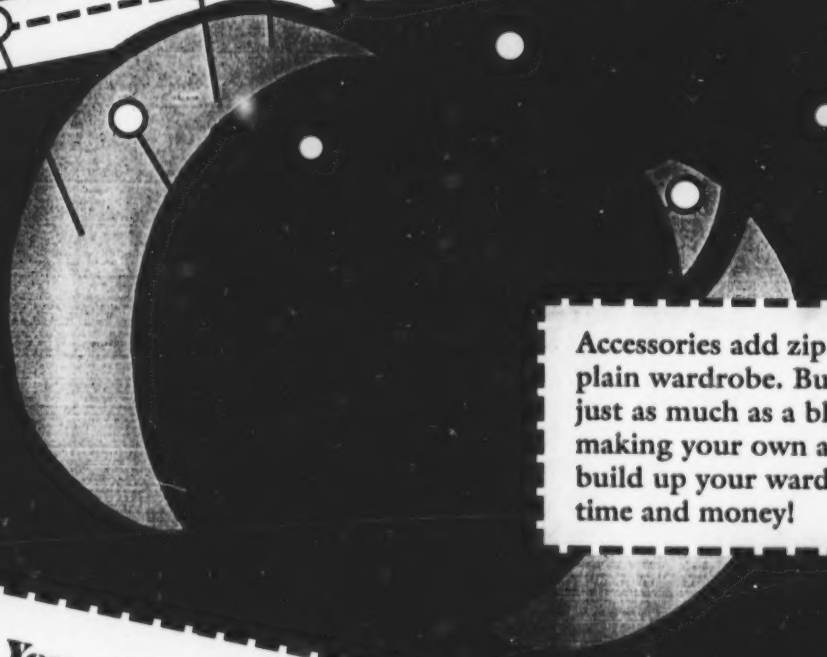
Accessories

4-H Textile Science

Intermediate Project



Accessories add zip to an otherwise plain wardrobe. But they can cost just as much as a blouse or shirt. By making your own accessories, you can build up your wardrobe for very little time and money!

You will need:

- Sewing machine or overlock (serger) machine, or both
- Accessory patterns, books, or magazine articles
- Fabrics and fabric scraps
- Shears, sewing scissors, or rotary cutter
- Silk pins or fabric weights.
- Measuring tape or T-square
- Notions and trims
- Scrapbook or notebook to collect ideas for accessories
- Parent or leader to help you

You will learn:

- How to work with new fabrics
- How to extend and update your wardrobe
- New hand and machine sewing skills

Sew!

Make at least three different types of accessories. (Gloves or paired items count as one type.)

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What Are Accessories?

Accessories are the hats, gloves, belt, or tie that complete an outfit. They help extend your wardrobe by creating different effects using the same garment. Accessories can help you look good by putting a color that is good for your skin tones next to your face. They call attention to your good features and create harmony by repeating colors found in the outfit.

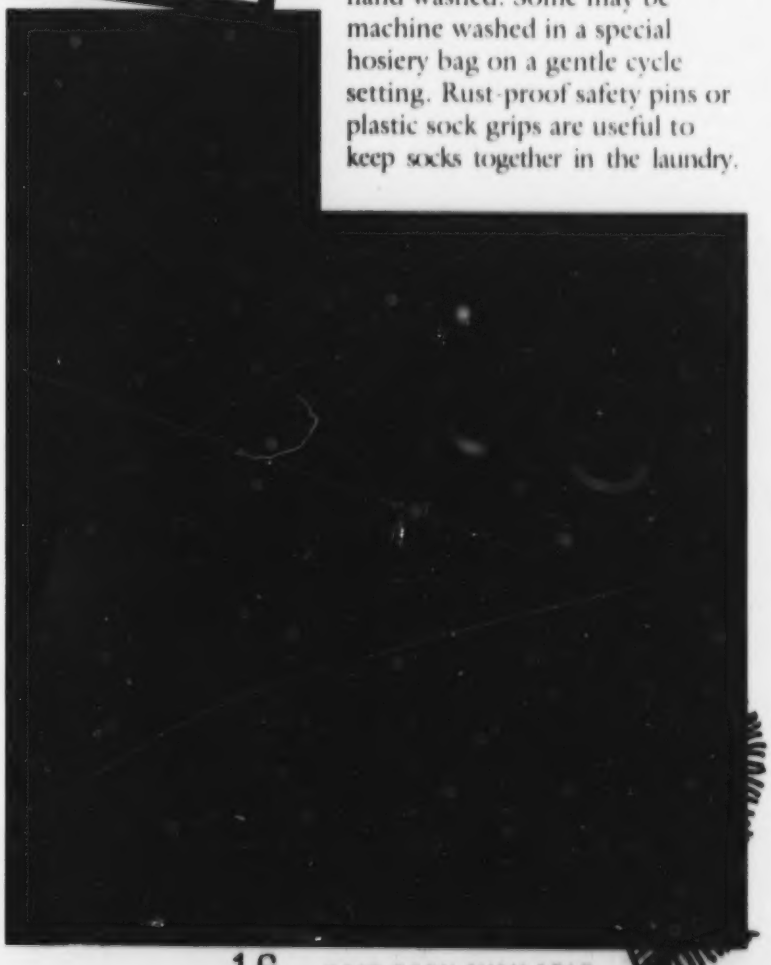
Look through fashion magazines and catalogs. Which accessories do you like? Can you find some of them in a pattern catalog? Look at accessories you find in stores and at flea markets. How are they made? What types of fabrics are used? Keep a sketchbook of ideas and samples.

In this project, you will experiment with new fabrics and techniques. Use a variety of fabrics for ties and scarves. Try fringing, mitering an edge, or rolling a narrow hem by hand or serger. Combine knitting or crocheting with a woven fabric for an interesting effect, or use skills learned in a leathercraft project. These are just some of the possibilities! You may also make accessories printed on fabric cut-outs or use motifs from the cut-outs to make part or all of an accessory.

Here are some accessories you can make with fabrics. Check your fair premium listing for exhibit requirements.

- caps, hats, hoods
- bags, pouches, totes, portfolios
- scarves, hankies, dickeys
- ties, ascots
- hair accessories, sleep masks
- fabric jewelry
- covered buttons
- gloves
- belts, cummerbunds, suspenders
- jackets, vests, pullovers, camisoles
- shawls or wraps
- leggings
- detachable accessory, such as a collar or overskirt

You may also make a garment using commercially manufactured accessories. Examples are a tie skirt, bandana shorts, or a jacket made from scarf panels.



What Are Some Types of Accessories?

Shoes should fit well and complement your outfit. To discover what's best for you, try on a number of shoes to go with an outfit or a group of outfits. Do this in front of a full-length mirror. Also study the types of shoes that are shown with similar garments in fashion magazines.

While you probably won't make a pair of shoes in your project, you could experiment with shoe dye or cover shoes with fabric.

Hosiery and socks should blend with your shoes and clothing. Abrupt color changes or patterns will draw the eye to your legs, making them look wider and shorter. Most hosiery should be hand washed. Some may be machine washed in a special hosiery bag on a gentle cycle setting. Rust-proof safety pins or plastic sock grips are useful to keep socks together in the laundry.

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A **purse** no longer needs to match your shoes, but its color and style should coordinate with what you are wearing. Often a neutral bag will work with most of your wardrobe. However, you may want to make a totebag, backpack, pouch, or bag for a special outfit or event.

Belts pull your outfit together. A belt matched to your pants or skirt will make your legs look longer. A belt matched to the top of your outfit will make your waist look lower. Experiment by making belts with a variety of buckles and/or a looped fastener.

Ties and scarves bring your best colors closer to your face. Ties can be casual or formal. Scarves can change the shape of a neckline. They can also drape at the shoulder, add flair at the waist, or double as a shawl. There are many books showing how to make scarves and tie them!

Glasses and jewelry, such as earrings, necklaces, and pins, can draw attention to your face. Your facial shape and features will be important in your selection.

Rings and watches draw attention to your hands and nails. Gold-toned jewelry can be mixed with silver depending on the outfit you wear. Watch the length and size of the pieces you wear to make sure they are in scale with you and your outfit. Also, be wary of wearing too many accessories, particularly if your garment has a lot of detail.

Storing and Caring for Accessories

Accessories such as scarves may be folded and stored in a drawer, but they often have to be pressed before wearing. To prevent wrinkles, you can buy a special hanger or make one by cutting holes in a paper-wrapped hanger. Scarves may also be pinned to a hanging fabric belt. Oblong scarves may be stored in a shallow drawer by rolling them around (waxpaper) cardboard tubes to prevent wrinkling. There are tie racks and tie cases, too.

Care for shoes by keeping them dry and by using shoe trees or tissue to hold their shape. Shoe bags or racks will help you keep them organized. Visit a shoe repair store to find out what services are available and what they cost.

Jewelry should be stored separately in a safe place to prevent damage. Jewelry may be stored in a drawer in boxes, in a special jewelry box, or even in a special closet organizer with plastic pockets. Jewelry that is of any value should be photographed and insured. It should also be cleaned and checked by a jeweler regularly.

Other Activities to Try

- Observe what accessories 10 students are wearing one day at school. Observe what accessories 10 adults are wearing that same day. Make comparisons.
- View a television show to see what accessories a certain actor or actress wears to give the audience clues about his or her role.
- Watch a fashion show, either in public or on television, or read the fashion section of a magazine or newsletter to see what types of accessories are "trendy."
- Visit a shoe repair store and a jeweler to learn what services they offer and their costs.
- Ask a shoe retailer to show you how to select the correct sizes of shoes and socks.
- Try on different hats to determine which styles look best on you.
- Visit several stores (or look through catalogs) to see what accessories are being sold. Notice how accessories are used with outfits in the pictures or displays.

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What I learned in this project (new skills, new words)

What I shared with others (presentations, helping other members, community service)

TOPIC OR SKILL	DATE	NO. OF PEOPLE WHO WATCHED

Project story

Use this space to write about your project. What did you do? What did you enjoy doing most? Least? Tell about the types of pattern(s) and fabric(s) you selected. What did you have the most difficult time sewing? What accessories did you buy this year?

Include pictures or drawings of the accessories you made. Tell about the fiber content of the fabrics and the patterns you used. Attach sample swatches. Also, talk about the activities at your 4-H club meetings and about the scrapbook of samples and ideas you kept.

Accessories Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

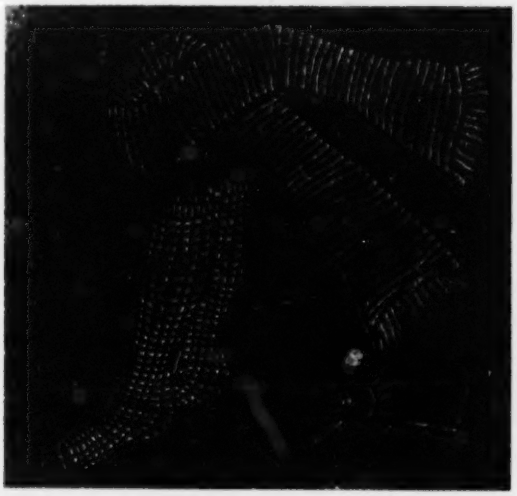
Age as of January 1 _____

Club _____

Number of years in this project _____

Number of years in Textile Science projects _____

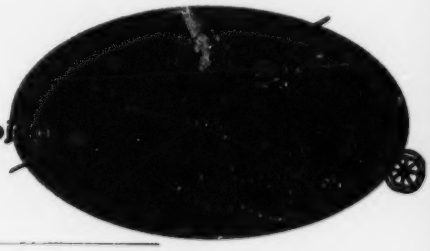
Leader's signature _____



What I made for my project

ITEM	FIBER CONTENT	COST	HOURS TO MAKE

Total number of garments made this year _____.



People who helped me and resources I used for this proj

_____

_____

_____

_____

_____

_____

_____

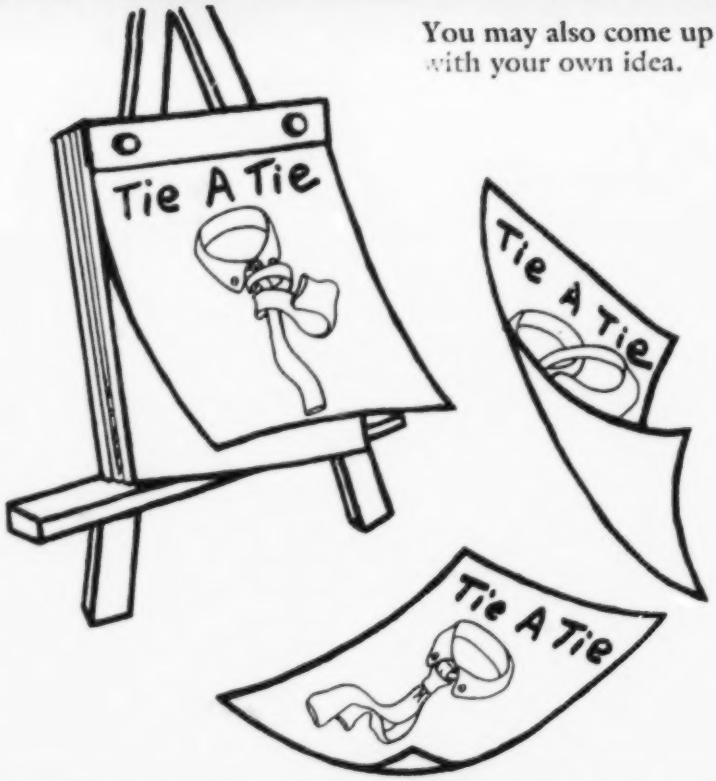
Sharing What You've Learned

Tell how to do one of the following:

- Tie a scarf or tie
- Care for accessories
- Enlarge a pattern
- Create many outfits by wearing different accessories with the same garment
- Use batting or fiberfill to make an accessory
- Make your own accessory pattern

Or talk about:

- What you found out in your accessory survey
- What you found out at the shoe repair store or jeweler
- What happens if you wear too many accessories



You may also come up with your own idea.

Want to Know More?

Books, pamphlets, magazines, and pattern catalogs are good sources of ideas for accessories! Look for them at the public library and in stores. Some patterns for accessories are available from sewing machine companies. In Pennsylvania, 4-H resource materials are updated on PENpages. Ask about PENpages at your county extension office.

Exhibits and Fashion Revue

This project was not intended for fashion revue, but you may arrange to model accessories with a garment you have made for another 4-H project. See county, regional, and state revue rules for other guidelines. Check current fair and round-up requirements. Remember to handstitch a label with your name, age, 4-H club, and county to the accessory to prevent loss.

Taking the Project Again

You may take this project again if you select accessories and activities that help you learn new skills. Your exhibit and presentation should be different from before. You may take this project with another 4-H project, such as leathercraft, as long as the exhibits are different for each project. Members who would like to make items for storing accessories should take the Closet Connections project.

Prepared by Jan Scholl, associate professor of agricultural and extension education.

Issued in furtherance of Cooperative Extension Work, Acts of Congress May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and the Pennsylvania Legislature. T. F. Hood, Director of Cooperative Extension, The Pennsylvania State University.

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Sewing for Other Projects and People

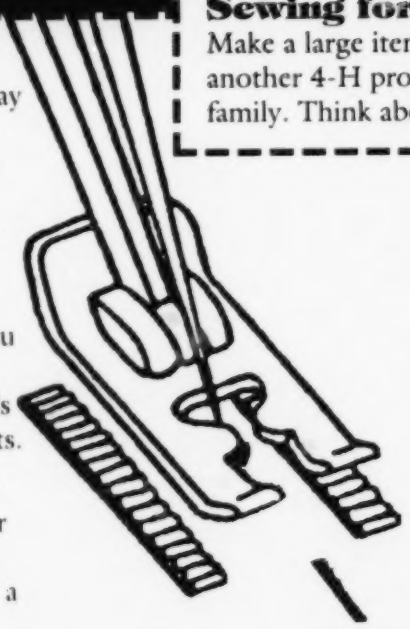
4-H Textile Science

Intermediate Project

Sewing for Other Projects

Make a large item or several small ones for another 4-H project or for your friends and family. Think about the possibilities!

- If you're taking a 4-H home improvement project, you may want to make something for your home. Make organizers to speed up sewing, a typewriter or computer cover, or desk accessories for mom or dad. Perhaps your family is expecting a new baby and you want to prepare the nursery. Consider making pressing aids for your other sewing projects.
- How about club banners for an exhibit or parade? An altar cloth for your place of worship? You may want to make a soft sculpture model for a presentation or a special apron for a foods demonstration. A costume for a play or party is fun to make, too.
- If you're involved in a horse project, you might make a cooling sheet, blanket, saddle pads, leg wraps, or curtains for a horse stall.
- If child care is your interest, why not make a stick horse, a card table tent or tepee, a puppet theatre, a growth chart, a felt board for a game, or other safe toys.



- Maybe your group is sponsoring an overnight and you want to make a sleeping bag or a fabric kite.
- Make new seatcovers for an old jalopy or organizers for storing tools, blankets, and first-aid supplies in the trunk. Why not recycle fabrics that have been used in other household items (such as sheets and placemats) to complete your project?

If you have beginner skills, start easy. Then build up your skills with more challenging projects.

If you are working from directions, you'll want to make a layout on graph paper to show you how much fabric you'll need for your project. Don't forget to buy more fabric to allow for shrinkage and matching prints, especially in larger projects. Consider using an old garment as a pattern and try making your own directions. You'll want to purchase a notebook with pockets to collect samples, swatches, and ideas for this project.

Many patterns are available to choose from. Check the resources in PENpages. Also, think about making a model to help teach others what you know.

Sewing for Other People

Before you make a garment or something else for other people, find out what they like and take their measurements. Different people have different measurements.

- Something to try—Look at clothing and pattern catalogs. What sizes are available for infants, children, boys and men, and women? Are measurements and sizes the same if you buy and make clothing? Do sizes vary from catalog to catalog (from store to store)?
- Something else to try—Ask a friend or an adult if all the shirts (slacks, dresses, suits) he or she wears are the same size.
- Another something to try—Other than size, what differences are there between men's and women's clothing? (Hints: What side are buttons placed on shirts? Which way does the front overlap on both men's and women's clothing? What about zipper closures? Which type of clothing is made better?)
- Questions to think about—

  What does it mean when a store clerk says a garment "runs big"?

  When buying a shirt for her brother, Sally sees a shirt marked 15 1/2-inch 32-33. What measurements would she have to know to determine if this is the correct size? Jimmy wants to buy a shirt for a friend in Canada who wears a 40 in metric. What size would Jimmy need to buy in the United States?

  What does the expression "one size fits all" mean?

Sewing for other people may mean learning how to alter garments—for example, how to adjust for a high hip or a sloped shoulder—and how to measure for a hem while the person is in the garment. If you have never made a garment for someone other than yourself, you may want to choose an inexpensive fabric, such as muslin or gingham, and make a test garment.

Sewing Toys

Sewing a small toy for a friend or family member is fun. Be sure the toy is well sewn. You may, for example, need to sew all seams twice.

Preshrink fabrics to make sure the finish and excess dye are removed. Sew on buttons and other trims securely. Buttons should be larger than can fit into a pill bottle to prevent them from being swallowed if they do come off. Also, make sure the toy you are making is right for the developmental level of the child.

Making Garments from Household Items

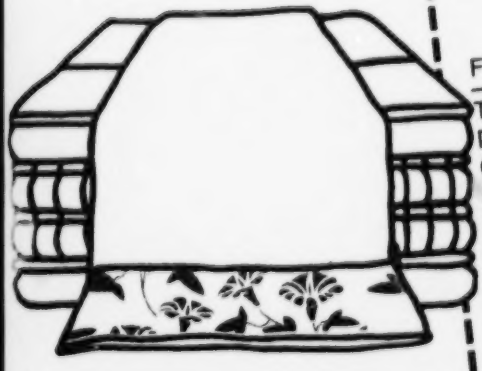
Our ancestors made clothes from flour sacks! You too can make garments out of blankets, pillowcases, and sheets. It's also possible to make robes and cover-ups from towels.

Towels vary in size, and you'll need to preshrink them before you start. Sheets are more standard. Below is a chart giving approximate dimensions. You can use fitted sheets, too, but they are more difficult to work with and have less useable yardage.

Flat sheets	Approx. finished size	Approx. yardage for 44-inch-wide fabric*
Twin	66" X 96"	4 yards
Double	81" X 96"	5 yards
Queen	90" X 102"	6 yards
King	108" X 102"	7 yards
Pillowcase	20" X 30"	1/3 yard
Pillowcase, king	20" X 40"	1 yard

*Note: This does not take into account large-scale prints or one-way designs for matching stripes or prints.

Choose sheets with a 180- to 200-thread count, if possible, since these are the strongest fabrics and will not pill. Sheets can be used for projects that need width. Sometimes you can save money by using sheets you find on sale.



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Sewing for the Home

Sewing for any part of the home can be challenging and exciting. Many items can also be made for other people as gifts or for community service projects.

Look through your home. What fabric items do you see that are not clothing? Try to list at least nine. Then look on the back page of the record sheet to find items you might have missed. Look up words you don't know in the dictionary!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Before starting your home improvement project, begin with a plan about how you want the room or space to look. Think about how you want the room to feel—what are its qualities? You might make a swatch chart that shows the relationships among fabrics, trim, wallpaper, or paint. See the example at right.

While some fabrics for the home have 60- or 90-, even 120-inch widths, most items will need to be pieced. Piecing is usually done on the side, rather than in the direct center of the project, where it is least noticeable.

If you piece, you'll need to match patterns and repeats (which for some patterns may be as large as 30 inches). A repeat is the distance between the beginning of the print or pattern and the point at which it begins again.

Planning will help you order enough material to match patterns and repeats. Be sure to order extra for preshrinking, seaming, hems, and other details. Quilting often takes more fabric, too.

If you plan to make several large items from the same or designer-matched fabrics, it's always a gamble whether you should buy all the fabric at once or buy for just one project at a time. It's more expensive to buy everything at once, but this is sometimes necessary if you want the dye lot color to match.

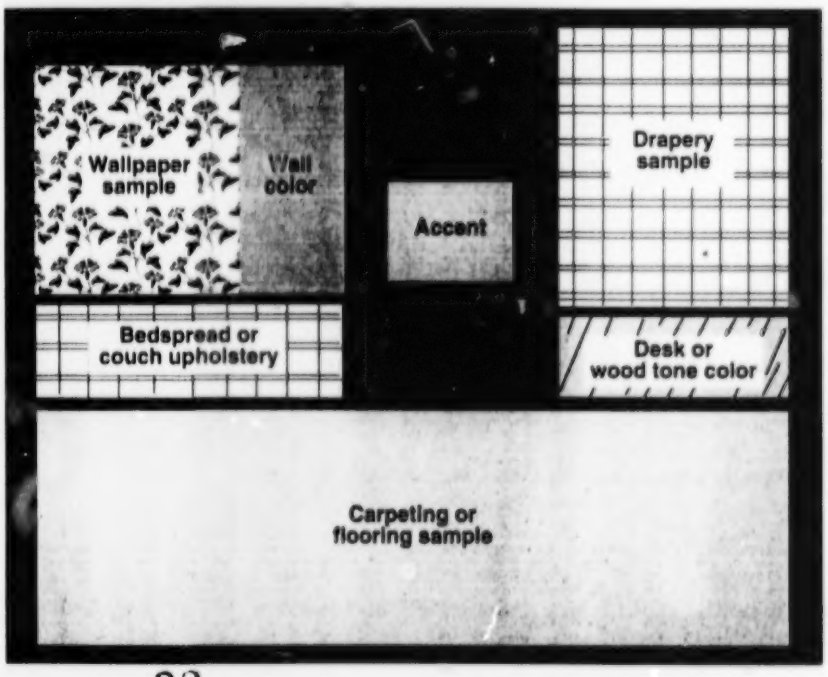
Sometimes it's hard to know how a particular pattern or design will look in a room. Because of the expense, it's important to obtain large swatches to hang in your room for several weeks to see if this is really the color you want. Home and outside lighting can change how the color looks.

Vivid colors close together in a fabric can trick the eye and appear to blend. For example, small amounts of red and royal blue may look purple from a distance! Some small prints may seem to get lost on a large wall or bed. Huge prints may overwhelm small rooms. Dark fabrics may fade in strong sunlight.

Before you buy, notice the care instructions. Obtain a care label from the store owner or distributor and keep it on file. Fabrics, linings, and trim should have similar care instructions. Even if the fabric says it is preshrunk, preshrink all items, according to the care instructions, before you start sewing.

Think about how the fabric will be used. Is it sturdy enough if it needs to hold its shape? Is it "drapey" enough if it needs to flow from rod to rod? Does it need a lining to protect the fabric or prevent show-through in the light? Is it printed on grain? This is especially important if you want it to hang well.

Discover the new fabrics and new trims available to you. Try new sewing techniques and ways of organizing your sewing area to handle your projects. Study the many types of notions and equipment that will help you. Some of your projects may require power tools, stapling, or gluing, in addition to sewing skills. Look for resource people in your community who can help you build the skills you'll need.



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What I learned in this project (new skills, new words)

What I shared with others (presentations, helping other members, community service)

TOPIC OR SKILL	DATE	NO. OF PEOPLE WHO WATCHED

Project story

Use this space to write about your project. What did you do? What did you enjoy doing most? Least? Tell about the type of pattern and fabric you selected. What did you have the most difficult time sewing? Include a picture or make a sketch of your final outfit, complete with accessories.

Tell about the fiber content of your fabric(s) and attach sample swatches. Talk about the sewing resources you used, the resource people you met, and the activities you did at your group meetings.

Here is a list of textile items found in a home, by room or area. If you don't know what some of these things are, look them up in a dictionary, a pattern catalog, or a book on home improvements.

Windows
Cafe curtains
Tab curtains
Valences
Cornices
Roller shades
Balloon shades
Roman shades
Swags
Jabots
Blinds
Draperies
Window blankets
Window panels
Tiebacks

Kitchen and dining room
Casserole cosy
Tea cosy
Potholders
Refrigerator towel
Basket liners
Seat cushions
Rug
Appliance cover-up
Fabric lunch bag
Placemats
Napkins
Tablecloth
Seat covers

Table runner
Folding chair

Living room
TV pillow
Couch pillows
Lap quilt
Lampshade
Wall hanging
Decorations
Slipcovers
Floorcloth
Rocker cushions
Furniture
Quilt that folds into a pillow

Coasters

Bedroom
Pillowcases
Sheets
Quilt
Comforter
Duvet
Canopy
Shams
Throw pillows
Neckroll pillows
Vanity skirt
Dust ruffle

Picture frames
Padded headboard
Divider
Organizer
Upholstered walls
Bedspread
Blanket
(Laundry or clothing storage items should be made in the Closet Connections project.)

Bathroom
Shower curtain
Mirror frame

Bathroom accessories
Sink skirt
Wastebasket
Embellished towels
Rug
Organizer

Nursery
Diaper stacker
Crib skirt
Blanket
Quilt
Dust ruffle
Hanging wall
Crib bumpers

Other
Desk accessories
First-aid kit
Window seat cushions
Sewing room organizers
Pressing aids (ham, mitt, cloth, roll)
Portfolios
Quilt table cover
Floor mat (quilt)

Sewing for Other Projects and People Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

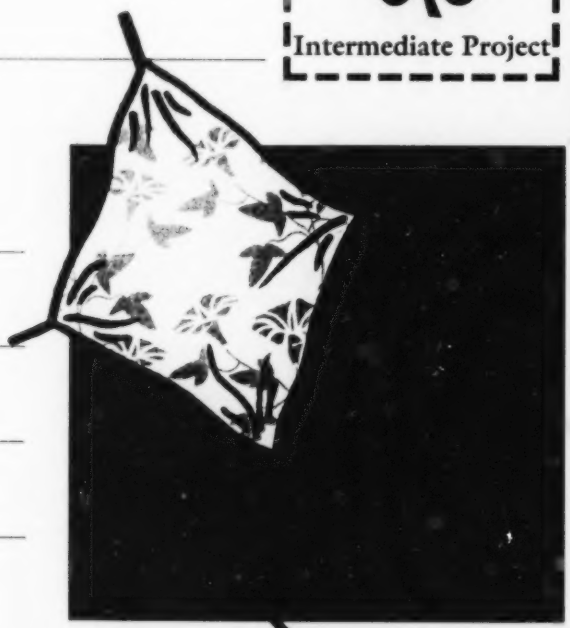
Age as of January 1 _____

Club _____

Number of years in this project _____

Number of years in Textile Science projects _____

Leader's signature _____



What I made for my project

ITEM	FIBER CONTENT	COST	HOURS TO MAKE

Total number of garments made this year _____

People who helped me and resources I used for this project

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

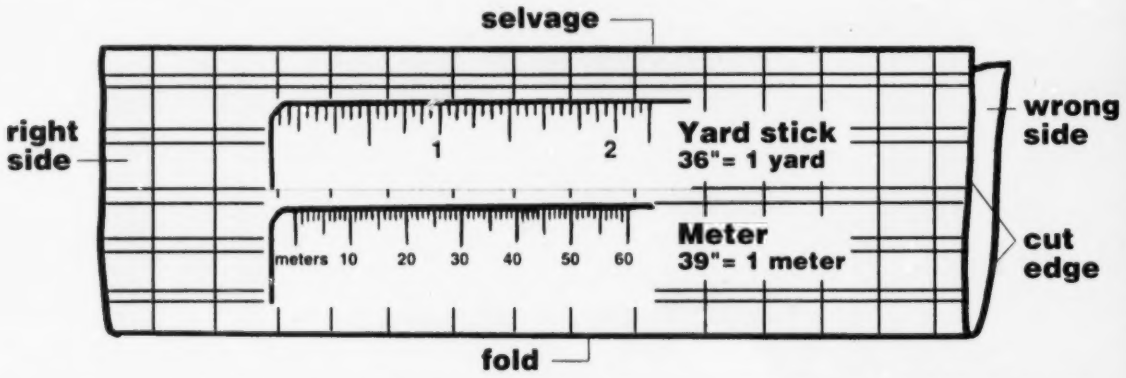
_____ _____

4-H Textile Science **Sewing for Others** Intermediate Project

Sharing What You've Learned

Show someone how to do one of the following, or use an idea of your own:

- Measure (a horse, jalopy, or someone else!)
- Measure in metric
- Order fabric
- Match prints with a large repeat
- Recycle fabrics
- Piece fabrics
- Make simple pattern alterations
- Use sheets (or blankets or towels) in a project
- Sew a safe toy
- Enlarge (or reduce) a pattern
- Use color tricks



Want to Know More?

Hundreds of books, magazines, and patterns are available to help you with the "how-to's." Find these at your library or at bookstores and fabric stores. Use other 4-H projects as a guide and look at home improvement magazines, mail-order flyers, and pattern catalogs to get ideas. In Pennsylvania, lists of resources for all the Textile Science projects are on PENpages.

Exhibit and Fashion Revue

Your exhibit may be a large project, such as a quilt, draperies, TV pillow, or at least two smaller items. Check with your county extension office for a current exhibits listing. Also be sure to label every part of your exhibit with your name, age, club, and county.

You may take this project and another (home improvement, horse, child care, etc.) at the same time, but you must exhibit something different for each. For this project, you must use fabrics (textiles) in some way.

Taking the Project Again

You may take this project more than one year. Be sure to make something different to learn new skills.

This project was *not* designed to be modeled in the fashion revue. But check with your county extension office, since rules vary from county to county.

Prepared by Jan Scholl, associate professor of agricultural and extension education.

Issued in furtherance of Cooperative Extension Work, Acts of Congress May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture and the Pennsylvania Legislature. T. F. Hood, Director of Cooperative Extension, The Pennsylvania State University.

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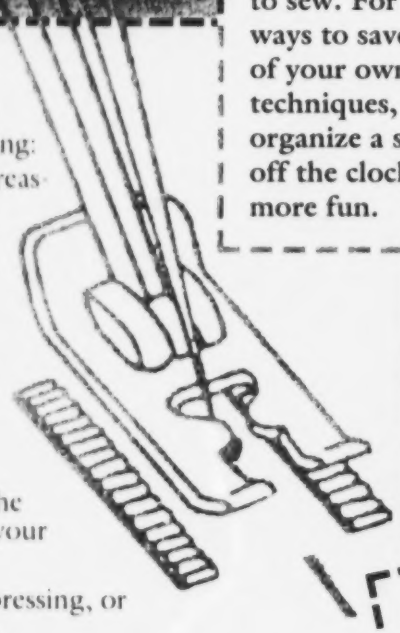
Time-Saving Sewing

4-H Textile Science

Intermediate Project

Sometimes it's hard to find enough time to sew. For this project, you'll try out ways to save time and come up with ways of your own. You'll practice new sewing techniques, try new sewing tools, and organize a sewing area to keep your eye off the clock. Sewing will be easier and more fun.



For this project, try a time-saving experiment and do at least *two* of the following:

1. Think of an idea for increasing the amount of time you have to sew, then carry out that idea.
2. Plan and reorganize a sewing area.
3. Choose and use a time-saving pattern or one that features a unique technique.
4. Practice using most of the sewing attachments on your machine.
5. Evaluate eight sewing, pressing, or cutting aids new to you.
6. Make two pressing aids.
7. Practice using at least five different pressing aids.
8. Compare fusible and sew-in interfacings.
9. Learn to thread, adjust tension, and stitch on an overlock machine.
10. Collect and try at least six sewing hints new to you.
11. Put together a library of sewing books.
12. Devise your own sewing hint and submit the idea to a magazine.
13. Teach another member or group a time-saving technique.
14. Create an educational game or teaching aid that will help others learn to sew, press, model, etc.

You can take this project over again by choosing other activities.

Warning: Some of the ideas given here will not work for you the first time. Some may not work at all—you may still end up ripping things out! Some skills take a lot of time to learn; but once learned, they will greatly speed your sewing and increase your sewing options.

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Hints to Help You Save Time

If you aren't sure how to use a tool (like a rotary cutter), ask your leader or parent. It's much better to spend some extra time sewing than to risk being hurt.

Practice new techniques on scrap fabric several times before trying them on the garment you are making. Though this takes time, it will save you many anxious moments. It will also give you confidence when you sew your final project.

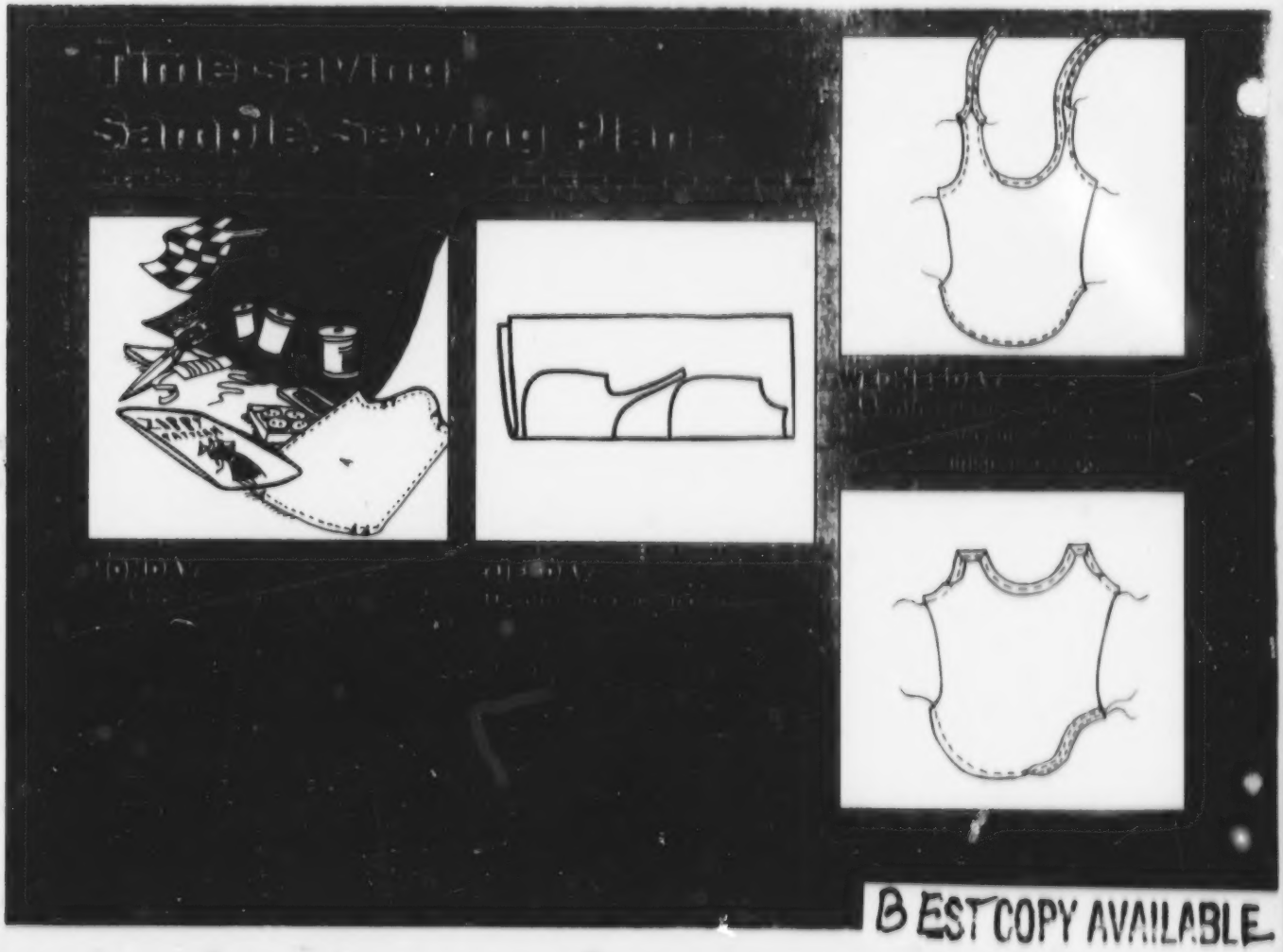
Evaluate what you try. Remember, a time-saving method is not so time saving if the result doesn't look right.

One thing you can do to save time in your work area is to make sure you have clean hands and surfaces before you start. Keep a clear pathway between the sewing machine and the ironing board. Keep all your supplies handy. Try to be well rested. Many garments have been ruined by someone who was too tired or in too much of a hurry with a seam ripper, scissors, or iron. If you do have a problem, think it through clearly first. Take a break and find someone to help you.

There are hundreds of tools, techniques, and organizational ideas you can try. Catalogs and fabric stores sell new sewing tools, and many stores hold classes or demonstrations to show you how to use them. Magazines and sewing programs on television often give hints. Check your local public television listings for sewing programs.

There are also numerous newsletters and videotapes on sewing. Some are available at video and fabric stores. Others may be found at a public library.

Ready-to-wear clothing can give you ideas, too. Check in your closet and open your eyes while you shop. Catalogs and closet organization businesses may be helpful for any organization project, but there are many things you can do for little or no cost to make your space workable. Don't forget how much you can learn from reading your sewing machine owner's manual. It often provides time-saving ideas. Caring for your machine will also save time in the long run.



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Using the Serger

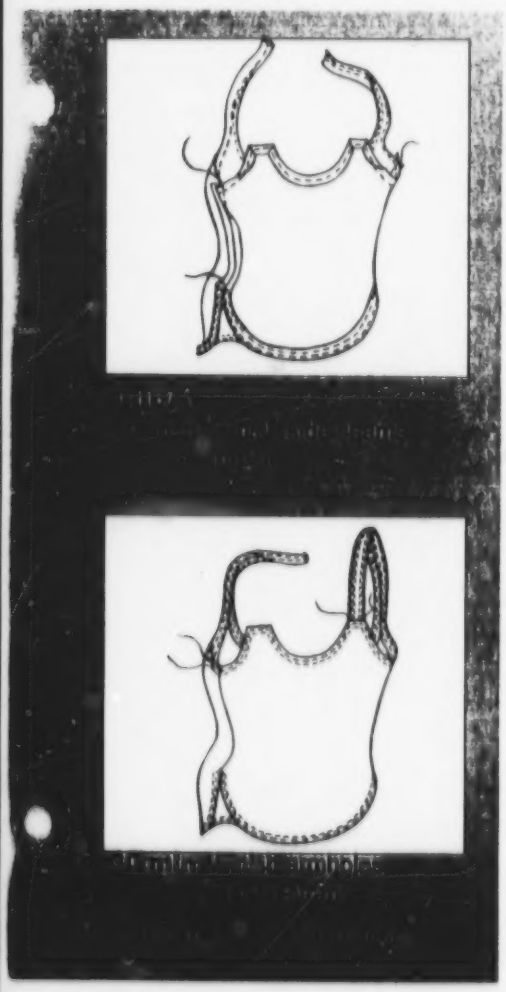
In this project, you may decide to learn more about using an overlock machine. An overlock machine, also known as a serger, stitches seams, overcasts them, and cuts off the excess fabric all in one step.

The serger has some parts that are different from those in a sewing machine. A serger usually uses large cone thread on several spool pins, and this looks complicated because there are many threads working through the fabric at one time. One of the biggest differences between a sewing machine and a serger is that a serger uses a knife to trim the seam, so safety is very important.

When do you use a sewing machine and when do you use a serger? There are many ways these machines can be used [illegible] and improvements are always being made to them. Some of the sewing books and videotapes on the market can help you tell when to use each one.

Sergers can sew much faster; they lessen the time it takes to make seam finishes. But seams are more difficult to rip out and restitch using a serger, because there is so much thread and very little of the seam is left over once it is cut off. For those projects and patterns that you make over and over again, a serger can be very helpful.

To use a serger, you need to recognize good tension and know how to correct the tension using the owner's manual as a guide. Skills are needed in tying up loose ends at the end of the seam and in turning corners.



To increase the amount of time you have for sewing, try one of these ideas:

1. Block out a half hour each day just to sew.
2. List the fabrics you have and the projects you need to complete by how long they take. When you have a few minutes, tackle one.
3. Keep track of the time you have to sew now, and look for ways to increase that time.
4. Time yourself to see how long it actually takes to do a step (like sewing in a zipper), and work to improve your time.
5. Develop a plan for sewing a garment. Decide how long it will take and the materials you'll need at each step.

Experiments

For this project, you may want to set up an experiment. Think of something you want to find out. Then look for an answer and report what you found. It's easy. Here are some examples:

Experiment 1

Question: Will hand sewing with a longer thread save more sewing time?

Approach: Find two hems of the same length. Measure out an 18-inch length of thread and a 22-inch length of thread. Thread each into a needle and secure the ends. Have someone time the stitching of both hems.

What did you find out?

Experiment 2

Question: Will using this "handy dandy" attachment lessen the time it takes to make a patch pocket? Will using it make a patch pocket look better? (Choose your own attachment.)

Approach: Make one patch pocket using a method described in a sewing book and one patch pocket using the handy dandy attachment. Use the same fabric for each test.

What did you find out?

Experiment 3

Question: Does making a seam finish really matter?

Approach: Take four pieces of the same fabric. Sew a seam with a seam finish using two pieces of fabric; on the other two, sew a seam without a finish. Wash both sets several times and check the result.

What did you find out?

More EXPERIMENT examples on back page

What I learned in this project (new skills, new words)

What I shared with others (presentations, helping other members, community service)

TOPIC OR SKILL	DATE	NO. OF PEOPLE WHO WATCHED

Did I participate in Fashion Revue? _____

Where? _____ When? _____

Experiment Summary

Choose one of the experiments that you did and write about it below. Include a photo or drawing of your final project.

Question:

Approach:

Findings:

Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

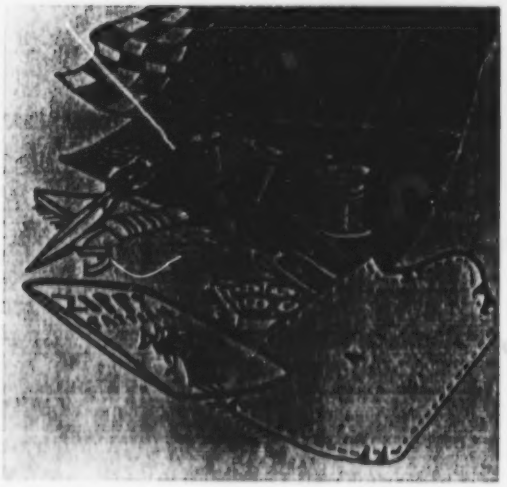
Age as of January 1 _____

Club _____

Number of years in this project _____

Number of years in Textile Science projects _____

Leader's signature _____



What I made for my project

ITEM	FIBER CONTENT	COST	HOURS TO MAKE

Total number of garments made this year _____.

People who helped me and resources I used for this project

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

4-H Textile Science Intermediate Project

Time-saving Sewing

Experiment 4

Question: Does it matter if you use fusible or sew-in interfacings?

Approach: Make an experimental shirt. Use the same weight of fusible and sew-in interfacing. (You can use different weights in different areas as long as you have the same weight in similar places in the shirt.) Use a fusible interfacing in one collar, cuff, front, and pocket. Apply sew-in interfacing in the other collar, cuff, front, and pocket. Complete the shirt. Wash and wear for at least one month.

What did you find out?

Experiment 5

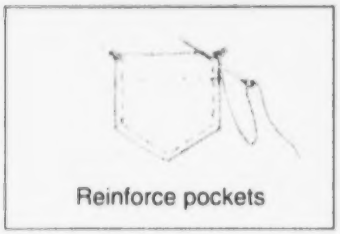
Question: Yikes! You spilled mustard on a garment you were wearing. How can you get it out?

Approach: Look at several resource books on stains and call your county extension agent. You find four different answers! Make four similar mustard stains on scraps of your fabric. Try each approach to see which removes the stain. (That way you don't hurt the garment trying to get the stain out.)

What did you find out?

As you go through this project, you'll have other questions, too. Design your own experiment!

Save time in the long run—Practice preventive mending

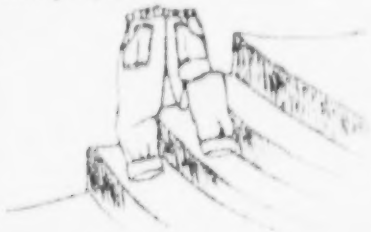


Reinforce pockets

Reinforce seams

Want to Learn More?

Many books and pamphlets have been written on time-saving sewing. Check your library and county extension office for information on these information sources. PENpages also lists ideas and resources for this project.



Exhibits and Fashion Revue

Depending on what you make in your project, you may or may not be able to model it in the fashion revue. Ask your leader for information on exhibit listings and fashion revue guidelines. Leaders will need to check with their county extension office each year, as exhibits and guidelines sometimes change. Don't forget to attach a fabric label to your exhibit. Include your name, age, 4-H club, and county.

Taking the Project Again

You may take this project again if you make a different garment and choose different activities to help you learn new skills.

Name Kelly Tarve

Age 12

4-H club Socks and ties

County Snippet

Prepared by Jan Scholl, associate professor of agricultural and extension education.

Issued in furtherance of Cooperative Extension Work, Acts of Congress May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and the Pennsylvania Legislature. L.F. Hood, Director of Cooperative Extension, The Pennsylvania State University.

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Create Your Own Project

4-H Textile Science

Intermediate Project

After you have taken several of the projects in the textile science series, you may want to try one of your own. You could experiment with a new technique, study a particular consumer or laundry problem, use fabric in a new way (how about as gift wrap?), learn fashion illustration, or study clothing in other countries.

You could design a sewing room, conduct a fashion revue, lead a 4-H club, or set up a business. Maybe you want to use a computer to design garments or organize your sewing supplies or patterns so you can find them. These are just a few of the things you can do in this project!

To complete this project, you'll need to:

- Set aside time to brainstorm for ideas
- Make a list of goals
- Develop a budget
- Decide when you'll complete your goals. (Draw up a timetable.)
- Secure funds, resources, and resource people to help you
- Work toward your goals
- Share your ideas with others
- Complete this project book and an exhibit (use the project book as a workbook and write what happened in the project record)

You'll need:

- This project book
- Friends and adults to help you brainstorm
- Access to a library or bookstore
- Materials for your project and exhibit
- Experts in your community to help you develop skills

Brainstorm!

First, think of all the things you might want to do for this project. Look through fashion and pattern catalogs and through sewing and clothing books at your library or bookstore. Jot down your ideas here:

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Talk to your parents and other club members about your ideas. Find out how much it will cost to carry them out. Can you obtain donated materials or try to earn the amount needed for assistance and materials? Are there people in the community who can help you? Put your notes and possibilities here. Add additional spaces or pages if necessary.

Look back at everything you wrote. Think about what it is you really want to do. Draw up a time-table—it will tell you when to work on certain aspects of your goals. Sometimes it's helpful to plan backwards so you'll know what you need to do at a certain time to accomplish your goals. Be as specific as you can. See the example below:

Write down your goals for this project.

1. _____
2. _____
3. _____
4. _____
5. _____

Also write down:
What do you want to learn in this project?

What do you want to do in this project?

How can you do it?

July 11 Write and mail thank-you notes and return borrowed items

July 10 Fashion Revue and clean-up

July 10 Show participants to dressing rooms

July 10 Set up microphones, dressing rooms, and decorations

July 9 Rehearse, borrow items, obtain note cards and stamps

July 7 Brief narrators, prepare "emergency kit"

July Prepare stage decorations, make final arrangements, print program, send radio publicity, plan choreography and lighting. Mail plans to stage crew for comment.

June Plan decorations, secure and revise narrations. Put narrations on cards, send advance publicity.

May Prepare publicity. Plan location, make mall contacts, agree on date.

April Brainstorm with group, set theme.

will take discipline. It may be the day to meet someone or work on the next part of your project when something more fun comes up. Try to stick to your goal, if possible, and honor any appointments you've made with resource people. Sometimes, however, you may misjudge how long it will take to do something and you'll need to revise your plans. List here any problems you had and what situations caused you to change your plans.

What went well with your project?

What did you learn?

In the example, the 4-H'er included an "emergency kit" in case something went wrong. Perhaps an adapter is needed for the microphone or someone needs a quick repair to a garment. List potential situations that may change the outcome of your goals:

What would you do differently?

Who helped you and what other resources did you use?

Did you share information about your project with others? When and where?

Attach a copy of your budget and a list of what you spent. Also attach your timetable plan and a timetable showing what actually happened.

Draw a picture or attach a photograph or series of photographs showing what you made or did for your project.

Project Record

4-H Textile Science

Intermediate Project

Name _____

Address _____

Age as of January 1 _____

Club _____

Number of years in this project _____

Number of years in Textile Science projects _____

Leader's signature _____

Goals for your project

_____

_____

_____

_____

_____

What did you learn in this project?

_____

_____

_____

_____

Who helped you and what other resources did you use?

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Share What You've Learned

Projects you design on your own will be very interesting to others! Tell them about one aspect of your project—something you learned, made, or experienced that made the project special for you. Don't forget to share the more difficult parts of your project and things that you, unfortunately, learned the hard way! Get others involved in your project to help them learn new skills, too.

Don't forget to thank your leaders and the resource people who helped you in your project!

How did you involve others in your project?

_____

_____

_____

_____

_____

Want to Learn More?

PENpages, available at your county extension office, provides a list of textiles and clothing resources and references. You'll also find a current listing of books and articles for this project and others. Don't forget to check your library and bookstore for ideas, too.

Exhibits and Fashion Revue

Check current fair, fashion revue, and round-up listings for exhibit ideas and entry rules. Don't forget to label your exhibit with your name, age, 4-H club, and county.

Taking the Project Again

You may take this project as many times as you want to accomplish your textile science goals. Expand your goals or choose different ones each time you take the project.

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